

# Unaccompanied, but not alone.



## Top Five Resilience Boosters:

Connect	<a href="mailto:FLOaskUT@state.gov">FLOaskUT@state.gov</a>
Be a friend to yourself	<a href="http://www.state.gov">www.state.gov</a>
Rest your brain	<a href="http://www.irest.us">www.irest.us</a>
Don't over indulge	<a href="http://afterdeployment.t2.health.mil">afterdeployment.t2.health.mil</a>
Have a hobby	<a href="http://www.wikihow.com/Have-Good-Mental-Health">www.wikihow.com/Have-Good-Mental-Health</a>

## Important Phone Numbers:

Family Liaison Office - (202) 647-1076  
Department of State Main Operator - (202) 647-4000  
Department of State Operations Center (for emergencies only) - (202) 647-1512

Family Liaison Office: [www.state.gov/m/dghr/flo/](http://www.state.gov/m/dghr/flo/)

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## Support Resources: BEFORE, DURING, and AFTER Your UT

### UT Team

FLOaskUT@state.gov

202-647-1076

Contact us for any questions or concerns before, during, or after your UT.

### UT Contact Form

Request from FLOaskUT@state.gov. Fill out our electronic contact form so we may share our resources with you and your family.

### Foggy Bottom Rambles

foggybottomrambles.blogspot.com

The blog features a book club, **Tips from the Field** (a collection of tips from employees who previously served), ideas for kids, & much more.

### Children's Medals and Certificates of Recognition

If you are nearing the end of your tour, nominate your child for a medal and certificate. To nominate your child for an award, email us at FLOaskUT@state.gov.

### Children's Age Appropriate Workbooks

Designed to help your children cope with the separation. To request one for your child, email us at FLOaskUT@state.gov.

### Overseas Briefing Center

Research life at overseas posts, learn the logistical requirements of a move, and find resources to help navigate the foreign affairs lifestyle. [www.state.gov/m/fsi/tc/c6954.htm](http://www.state.gov/m/fsi/tc/c6954.htm)

### Employee Consultation Service (ECS)

[www.state.gov/m/dghr/flo/c21952.htm](http://www.state.gov/m/dghr/flo/c21952.htm)

202-663-1815

ECS offers employees free, confidential counseling with professional clinical social workers.

### MHN Resources

[www.members.mhn.com](http://www.members.mhn.com)

(company code: unaccompaniedtour)

1-800-213-5811

MHN provides free and confidential telephonic or web-to-web counseling 24/7 to employees and family members.

### Information Quest

[www.worklife4you.com](http://www.worklife4you.com)

Login: statedepartment/Password: infoquest  
1-866-552-4748

IQ is the Department's contracted resource and referral service. Use IQ to find resources on schools, eldercare, and legal services.

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